

CHEESECAKE VELVET SHAKE SMOOTHIE

THM S | Creamy | Tangy | Indulgent

MACROS (per serving)

Protein 25g • Fat 19g • Net Carbs 13g

 **Prep**
5 Mins

 **Cook Time**
0 Mins

 **Serves**
1

 **Healthy**
Carbs



Ingredients

Almond Milk	1 cup
Cottage Cheese 4% Milk-Fat	½ cup
Strawberries Freeze-dried	1/4 cup
Powdered Strawberries Freeze-dried	1 Tbsp
Cream Cheese	1 oz
Vanilla Protein Powder	1 scoop
Cheesecake Pudding Powder Mix	1 Tbsp
Vanilla Extract	1 tsp
Sweetener To Taste	
Water/Ice	

Optional

Strawberry Extract	1/2 tsp
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Direction

1. **Place.** Put all ingredients in the blend.
2. **Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
3. **Taste.** Need more zing? Add strawberry extract.
4. **Serve now.** Pour, garnish, drink, and rinse the blender.

Prep Notes / Variations

- Tiny pinch of salt → makes the cheesecake flavor pop
- 1–2 tablespoons powdered freeze-dried strawberries → intense strawberry flavor without watering it down
- Cheesecake extract or butter extract → bakery-style flavor
- Ice + xanthan gum/glucomannan → thick milkshake texture
- Crushed pecans or walnuts on top → “graham crust” vibe without the carbs

